

Love Versus Infatuation

During the Life Skills classes, we learned to distinguish between love and infatuation. Love and infatuation are two different things.

Infatuation is like a crush, a drug. It is short-term. Infatuation makes you feel that you are in love with the person when, in reality, you are not. This is because two chemicals in the body are released - Dopamine and norepinephrine. This release of chemicals makes you feel that you are in love. Infatuation can turn into love sometimes, but not always.

Idealisation - When you are infatuated, you may idealise the person. Idealisation is the act of seeing someone as perfect despite their flaws. It shows that you are not a critical thinker but an emotional one.

Infatuation often leads people to make wrong choices, but love does not. Infatuation is an emotional roller coaster, while love is steady.

When you love a person, you look beyond appearances. You are attracted to their character. Love takes time to develop.

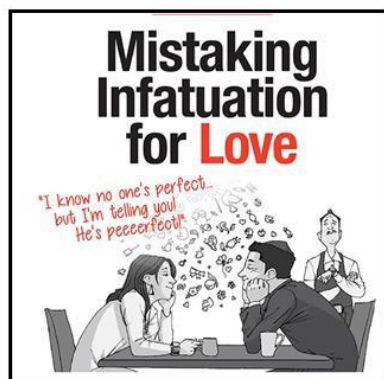
Love is not just a feeling; it is a choice. It is when you love the other person, even when you are angry at them. Love does not make you harm the other person.

Aryaveer Agarwal

8B

Sumeru

Infatuation works like a drug. It affects your senses and changes the way you think and feel.



Love Versus Infatuation

Infatuation is a term used to describe the development of temporary feelings towards an individual. It is referred to as “having a crush”. We usually get attracted to the crush for their physical appearance. We may not know the person well, but we like how the person looks, behaves and their overall personality. We know very well that no person is perfect but when we are infatuated with a person, we idealise them and see them as perfect and ignore their flaws. We become obsessed with the person and think about them 24/7, which makes us lose focus on academics, sports, and our own goals.

Love is an intentional act of caring for someone. It is more permanent than infatuation. We love a person based on their character rather than their physical appearance only. Love takes time to develop - to understand the person and acknowledge their flaws. When we love someone, we have the courage to correct their mistakes. Remember, abuse is not love. Abuse is a form of control. We need to understand this clearly.

Vaibhavi M
7A
Nilgiri House